

What's in that cup?

EVENT Nutritionist Naini Setalvad speaks to Bangaloreans on how to improve immunity and move towards a healthier life

You probably know and recognise your tea as *cha*, you are familiar with the ridges of a cutting glass and the scent of stewed sugar and milk that rises from it. You like to dip your *biskoot* till it is soggy and heavy and flops into your glass of *chaya* with its distinct flavour of *elaichi* or ginger or even a compound of the two. For years we have enjoyed our evening cuppa rich with milk and sugar and for years Naini Setalvad says we have been doing it wrong. Naini speaks of how to improve the human immune system using tea. "Chai is popular in India and not only is it rich in anti-oxidants but it is also good for your bones and teeth and prevents cancer. It is a zero calorie drink that helps in cutting down cholesterol and is available in a number of options, herbal infusions and flavours."

"Scientists have shown a correlation between green tea consumption and reduced cancer risk, weight loss, and improved heart health. Teas are also rich in manganese and potassium, B-vitamins and fluoride. More importantly, teas are calorie-free and help increase your metabolism and aid in weight reduction," adds Naini. Also an expert on organic foods, Naini emphasises that it is definitely not a fad, "There are so many chemicals and pesticides that go into the food that we eat with so many horrifying side effects that it is all pointing to organic food as a healthy and important lifestyle necessity. And although it is a slow and gradual climb and not so easily accessible over time, we have seen an increase in demand and plenty of supermarkets rising to meet that



GETTING IT RIGHT Naini Setalvad

demand."

Present at the occasion, Typhoo spokesperson Ms. Renu Kakkar said, "In today's day and age, when there are unhealthy beverage options out there, it is important to remember that tea while also keeping you hydrated offers numerous health benefits along with great flavour. Typhoo has 16 va-

rieties to offer from its premium teas to its flavoured and green tea range. The best part is if one feels like having a cold glass to quench thirst in the summer heat, Typhoo has a fruit infusion range free from sugar, caffeine, preservatives and artificial flavouring".